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Housekeepers' Chats

Thursday, July 5,
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NOT FOR PUBLICATION.

Subject: "Dresses for Little Girls." Written by Maude Campbell for the "Housekeepers' Chats." Menu and recipes from the Bureau of Home Economics, U. S. Department of Agriculture.

Bulletins available: Leaflet 26, "Dresses for the Little Girl."

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Every mother who has a small daughter will want a copy of the new leaflet, called "Dresses for the Little Girl." In this free leaflet, which has just been printed, there are practical little dresses for school and play, and dainty frocks for dress-up affairs.

Maude Campbell, of the Bureau of Home Economics, is the author of this leaflet. If you want a copy, I suggest that you send for it immediately, because such a popular publication is bound to go fast.

Since Miss Campbell has been designing so many dresses for children lately, I asked her to tell us something about what up-to-date little girls are wearing these days. You can pretend that Aunt Sammy has vanished--that Miss Campbell is talking.

Dresses for the Little Girl.

How can you tell whether a little girl has a wise mother? One way, is to look at the little girl's dress. Is it covered with ruffles and bows and lace? Then I'm afraid this little girl's mother is not so very wise. She doesn't know that with children's clothes, as with grownups', the simplest dresses are the most attractive.

So many of the patterns for little girls' dresses are cut in too many pieces. These extra pieces make extra work, both in cutting and in making dresses, and they aren't very pretty, after they are made.

One of the very simplest play or school dresses we have made lately is of zephyr gingham, with short kimono sleeves; in fact, the armhole is a continuation of the underarm seam, and the shoulder is wide enough to form a short sleeve. The dress has fullness on either side of the front, in the form of an inverted box plait, stitched a short distance down from the shoulder seam. A small roll collar, and front facing at the neck, are made of white lawn. Bands on the matching gingham bloomers are also bound with white lawn. The armholes of this

dress are bound with gingham. A garment like this can easily be made in an afternoon, and think how easy it is to iron. If it were made without a collar, it could be run through an ironing machine. Even with a collar, it can be ironed in a very short time.

Another very practical dress is made with raglan sleeves, with a few gathers at the front and back of the neck. In some patterns there is too much fullness allowed. Part of this fullness can easily be removed by folding back an inch or so of the pattern, in the center front and back, before cutting. This style of dress, made in gingham, print, cotton or wool crepe, and challis, is very suitable for school. If wool fabrics are used, plaits are more attractive than gathers, and give a tailored effect.

A party dress made of voile, from this same pattern is charming in its simplicity. The one we made was of a soft green voile and had short sleeves. Instead of a collar, the neck was rather low, and was bound with voile, the same color as the dress. The sleeves were quite short and also bound. This dress fastened in the back, with one hook and eye, over which was a little tailored bow of the green voile cording, with ends hanging nearly to the bottom of the dress. On the front of the dress were appliqued three groups of balloons, in various colors. Two circles had been cut from each color of voile, sewed together and turned to make a finished edge. These two thicknesses of voile might also have been picoted with machine hemstitching. Strings for the balloons were embroidered on with string colored embroidery thread. This dress has two set-in pockets, bound with the green voile. There is a picture of this dress in the leaflet.

Speaking of pockets reminds me that I haven't said every child's outfit, either for boy or girl, must have at least one pocket. If it isn't possible to put one on the dress, on account of its design, or because there are plaits down the front, put one in the bloomers. This will also help the little girl to determine easily which is the front of her bloomers. In case the dress needs a patch, before it is worn out, this pocket may be used to mend it and another pocket made of new material. Then, if the color of the dress has changed, the patch will not be conspicuous.

Another style of dress, especially adaptable for school, both winter and summer, is one in which the skirt is made on an underwaist, and worn with separate blouses. For severe winter climates, plaited skirts should be of a heavy woolen material, such as serge, broadcloth or tweed, and combined with blouses of a lighter weight wool, of linen, or of cotton, any of which can be laundered. The underwaist may be made of sateen, poplin, cotton, broadcloth or pongee, and made so that it can be easily removed from the skirt for frequent laundering. Be sure that the underwaist has wide, fitted shoulders, and that it is narrow enough at the neck so it won't slide off the shoulders.

A little girl I know has an attractive summer dress made in this style, from left-overs of her mother's dress. The short pleated skirt is a soft green piqué. The blouse is tan cotton broadcloth, trimmed with bands of the green

piqué. It has kimono sleeves, and a neck finished with a fitted facing. Three buttons and loops form the front closing.

One thing to watch in dresses made with pleated skirts and blouses is the proportion. The skirt should be much shorter than the blouse. If they are the same in length, the effect is not pleasing.

Either set-in or patch pockets may be made on the blouses. And don't forget to allow for growth. Better put at least a two-inch tuck in the under-waist.

Now let's talk for a minute about party dresses, and in this connection I must use the word "don't." Don't think that party dresses must be made with frills, laces, and ruffles, in order to be attractive! Have you ever seen a display of very expensive ready-made dresses? You probably noticed that most of them are very simply made. For party dresses, choose a good quality of material, and the simplest of designs. Some of the suitable fabrics are voile, organdie, pongee and other wash silks, dotted swiss, and flowered dimity. Sleeves may be very short, or omitted altogether. The very simplest trimming, if any, should be used. Sometimes a good quality of material, made in the simplest design, is quite enough. An example of this was a party dress of green organdie. The front opening was laced together with a narrow grosgrain ribbon, the ends of which hung to the bottom of the dress. The only trimming was a bunch of tiny yarn flowers, in dainty pastel shades, on the shoulder of the dress.

Another dress-up frock was of red and white dotted swiss -- white background with red dots. It was trimmed with red bias binding. Pieces were cut and formed into a simple design, which was appliquéd to the front of the dress. The short sleeves and the neck were bound with bias binding. The neck binding was continued in long ends, tied in a bow in front, the ends of the bow hanging to the bottom of the dress.

We took pictures of this dress, and of the others I have described. You will find them all in the new leaflet, called "Dresses for the Little Girl." I shall be glad to send this leaflet, as well as the ones on "Sun Suits for Children," and "Rompers for Children," to those of Aunt Sammy's listeners who write in to Broadcasting Station _____.

This concludes Miss Campbell's talk on "Dresses for Little Girls." Don't forget to send for the bulletins.

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Two recipes have been requested this week. The first is from a listener who wants to know whether there's any way to use liver in a salad. Sure there is -- in just a minute, I'll give you the Recipe Lady's directions for making Liver and Cucumber Salad. I don't know what I'd do without the Recipe Lady. She knows more good food combinations than any one else in the country.

R-H.C. .

As you all know, liver is especially valuable, for the vitamins it contains. It also furnishes the body with protein and calories, and it is a valuable source of iron. For the Liver and Cucumber Salad, you will need four ingredients:

4 cups of chopped, broiled liver,
1 cup of diced cucumber,
1 cup of diced celery,
and mayonnaise dressing.

Four ingredients: (Repeat).

This salad is easily made. Simply mix the cold broiled liver, cucumber, and celery, with the mayonnaise dressing, and serve on a crisp lettuce leaf.

I didn't give directions for cooking the liver, for I'm sure most of you know how. Just be careful to keep the fire low, and cook the liver slowly, so it won't be dry and leathery.

The next request is from a young housekeeper who wants directions for broiling a young chicken. Here they are:

Select a plump chicken. Split down the back remove the entrails, wash the chicken, and wipe dry with a cloth. Rub butter all over the chicken, sprinkle with salt and pepper, and dust with flour on both sides. Place on a rack in a roasting pan, skin side up.

Broil for 20 minutes, under the flame of a gas oven. Turn the chicken over as soon as it has browned, and baste it often with melted butter. Then place in a medium oven for 15 minutes, to finish the cooking, and continue the basting. Serve the broiled chicken on a hot platter, with the drippings poured over it, or made into cream gravy. If it's more convenient, start the cooking of the chicken in the oven, and finish by browning directly under the flame of the gas oven.

How would you like a good, new-fashioned Vegetable Dinner for today? It begins with a "pretty special" dish of Stuffed Tomatoes, and ends with Blackberry Pie. The middle includes Peas, and New Onions with Drawn-Butter Sauce. If you have your pencils now, I'll repeat this menu in order, and give you the recipe for Stuffed Tomatoes. The menu: Stuffed Tomatoes; Peas; New Onions with Drawn-butter Sauce; and Blackberry Pie.

Here's the recipe for Stuffed Tomatoes -- nine ingredients:

6 large firm tomatoes	1/4 teaspoon celery seed
1 cup diced salt pork	1/2 teaspoon salt
1 cup dry bread crumbs	1/8 teaspoon pepper, and
2 tablespoons chopped parsley	1/2 cup buttered crumbs
1 tablespoon onion pulp	

R-H.C.-

Once more, the nine ingredients for Stuffed Tomatoes: (Repeat)

Fry the salt pork until crisp, and remove it from the pan. Add the parsley and onion to the fat, and cook for 2 or 3 minutes. Then add the cup of dry breadcrumbs, the salt, pepper, and celery seed, and the cooked salt pork. Stir until well mixed. Wash the tomatoes, and remove a thin slice from the stem end. Carefully scoop out the pulp, so the tomato shell will not be broken. Mix the pulp with the seasoned bread crumbs and the salt pork, and add more salt if necessary. Fill the tomato cups with the mixture, and cover the top with the buttered crumbs. Put the stuffed tomatoes in a pan, in a moderate oven, and cook until the tomatoes are tender, and the crumbs are brown. Serve from the dish in which cooked. If you like, you might use bacon or butter in place of the salt pork.

I told you, the other day, the proper way to cook green peas. Start the cooking of green peas in boiling, unsalted water. Then, as soon as they come to the boil, lower the heat, and simmer them. Peas actually cook more quickly at the simmering point, are more tender, and keep their sweet fresh flavor, and bright green color, better than when boiled. Boiling, in fact, seems to toughen and harden peas. Use no more water than necessary in cooking peas, so that the liquid, which contains valuable food elements, need not be drained off. Add salt, when the peas are about half-cooked. Young peas will simmer tender in about 15 minutes. Season with melted butter, or with cream.

To repeat the menu: Stuffed Tomatoes; Peas; New Onions with Drawn-Butter Sauce; and Blackberry Pie.

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